



Office for the Aging

6085 State Route 19N
Belmont, NY 14813
Ph: 585-268-9390
Ph: 866-268-9390
FAX: 585-268-9657

FOR IMMEDIATE RELEASE

DATE: January 24, 2023

CONTACT: Crystal Malota

PHONE: 585-268-9390

Allegany County Office for the Aging is excited to announce a monthly “Facebook Live” series focusing on nutrition and healthier living tips for older adults. This educational series will be presented by a Registered Dietician and will provide a fun and interactive way to learn. Join us at the Allegany County Office for the Aging Facebook page on the 4th Thursday of every month at 1:00 pm for nutritional tips, tricks and ideas!

January 26, 2023, at 1:00 pm- Constipation- Do you have pain or a hard time going to the bathroom? Do you go regularly? Are there nutrients we should focus on to help prevent constipation? Join us as our registered dietitian discusses nutrition strategies to help prevent and ease constipation.

<https://www.facebook.com/events/893016481743275/>

February 23, 2023, at 1:00 pm- Congestive Heart Failure- Congestive heart failure (CHF) is one of the most common hospital discharge diagnoses in patients older than 65. Join our registered dietitian nutritionist as she discusses what nutrition strategies to put into place to help control CHF.

<https://www.facebook.com/events/855216648865308/>

March 23, 2023, at 1:00 pm-Grocery Store Tour – March is National Nutrition Month so please join us as our registered dietitian nutritionist tours one of our local grocery stores. She will highlight key tips to put into place to make your next trip to the grocery store a healthy one!

<https://www.facebook.com/events/5988092587943716/>

Participants are encouraged to ask questions, give input, and offer suggestions for additional sessions with our Registered Dietician!

###